

## Let's Get Physical

Along with a well-balanced eating plan, exercise is important for losing weight and maintaining your overall health. The 2008 Physical Activity Guidelines for Americans published by the Department of Health and Human Services recommends that adults do a minimum of two hours and 30 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity a week.

Examples of moderate-intensity aerobic activities include:

- Walking (3 mph)
- Water aerobics
- Bicycling (less than 10 mph)
- Tennis (doubles)
- Ballroom dancing

Some examples of vigorous-intensity activities include:

- Race-walking, jogging, running
- Swimming laps
- Bicycling (greater than 10 mph)
- Tennis (singles)
- Aerobic dancing

To increase your levels of aerobic activity, first decide which activities you enjoy and look at your daily schedule to see where you can fit these activities in. If you're starting from little or no daily physical activity, begin with five to 10 minutes per day. Increase your duration every week by five to 10 minute increments until you're up to 30 to 60 minutes most days of the week. For maximum cardiovascular health, try to engage in all your aerobic activity at one time. But if your schedule doesn't permit it, you can break up the physical activity throughout the day.